

Your mental health matters



Times are tough in colleges. Out of control workloads, staffing shortages and insecure work can all have a serious impact on wellbeing and morale and can contribute to stress, anxiety and depression.

Mental health is a health and safety issue. Your UNISON branch is working hard to ensure that your employer creates a college workplace where mental health is a top priority.

You said...

...We did

UNISON branch

Supporting you at

..... college

Not in UNISON yet? Join the college support staff experts at join.unison.org.uk or call 0800 171 2193.

UNISON
the public service union